

BE SLIM BE FIT

EXERCISES

Sally is an obese girl, tell her what she must/ mustn't do in order to keep fit.



Youwalk for
an hour everyday



Youto eat
fruit and vegetables



Youeat much
bread and spaghetti



.....eat much
chocolate



Youpractise
sport



Yougo
jogging everyday



Youto swim
for an hour every
dav



.....have dinner at
11 pm



Youhave 5
meals a day



.....eat many cakes
and eggs



Youhave
regular meals



..... drink much
coke